

Frayser-Raleigh Senior Citizens Center
3985 Egypt Central Road
Memphis, TN 38128
901-383-9101



Lori Fageol
Director II

Kristine Strickland
Director I

This beautiful facility opened March 1992. It is a multi-purpose senior center which provides social, recreational, educational, nutritional and health services to individuals aged 55 and up. Programming is planned exclusively for seniors by providing leisure, wellness and educational opportunities to help enriching quality of life; expanding interest; tapping potential; and developing talents; in a safe, attractive, well-maintained facility.

In addition to our regular activities, we enjoy special theme parties, such as monthly birthday parties, Mexican Fiesta, 50's parties, Ice Cream Social, Mardi gras, Luau, Las Vegas and a Senior Prom. We have a Volunteer Banquet, a Flea Market, and a Health Fair each year. We have Line dance the third Friday night every other month, and Ballroom Dance to a live band every Saturday night.

Classes

Ballroom Dance	Ceramics	Line Dance
Country Western & Square Dance		Fitness
Oil Painting	Watercolor	

We serve delicious home-cooked meals.

Monday – Friday 11:30 – 12:30 \$4.00 for members \$5.00 Non Members



Open to the Public(55 and up)

Line dance the first Friday night every other month.

Ballroom dance every Saturday night 6:00 – 9:30 pm \$4 members \$5 Non-Members

Special programs

Celebrate birthdays second Friday of each month.

Blood Pressure on Thursdays from 10 -12

Manicure & Pedicure the first and third Wednesday of each month.

Legal Consultation third Wednesday of each month 2:00 – 4:00pm must have appointment.

Healing Hearts is a Grief Recovery/Loss Support Group

Groups

Creative Writing

Sound of Music Choral Group

Drama Group

Games

Party Bridge

Golf

Pinochle

Bingo

Canasta

Billiard

Chicken Foot Dominoes

Monday	Tuesday	Wednesday	Thursday	Friday
Strength Training	Ballroom Dance	Legal Aid Appointments	Oil Painting	Strength Training
Fitness	Canasta	Strength Training	Blood Pressure	Fitness Class
Painting	Chicken Foot Dominoes	Manicure & Pedicure	Pinochle	Drama Practice
Creative Writing		Ceramics	Bingo	Party Bridge
Party Bridge		Fitness		The Sounds of Music
Healing Heart Grief Recovery		Beginning Line Dance		Chicken Foot Dominoes
Bingo		Canasta		
		Intermediate Line Dance		
		Mah Jong		
		Square Dance Class		